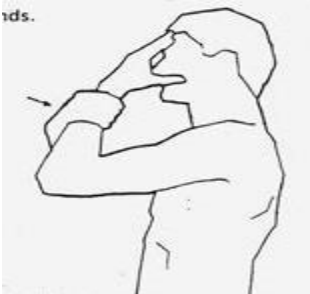


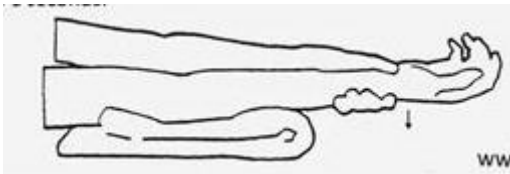


Active/Passive Elbow Range of Motion



Elbow Flexion

- Active: Bend your elbow toward your shoulder as much as possible.
- Passive: Use your unaffected side to apply pressure, bending elbow further. You may also use a flat surface, such as leaning against a wall, to assist with applying pressure.



Elbow Extension

- Active: Straighten your elbow as much as possible.
- Passive: Use your unaffected side to apply pressure, straightening your elbow further. You may also use a flat surface, such as leaning against a wall, to assist with applying pressure.



Forearm Supination (Palm Up)

- Active: Keep your elbow tucked into your side. Turn your palm up as far as possible.
- Passive: Use your unaffected hand to apply pressure to your forearm to assist with turning your hand into a more palm up position.



Forearm Pronation (Palm Down)

- Active: Keep your elbow tucked into your side. Turn your palm down as far as possible.
- Passive: Use your unaffected hand to apply pressure to your forearm to assist with turning your hand into a more palm down position.

Repetitions _____
Times a Day _____
Hold position for _____